

Menus for March 2019

Food Bytes

School Breakfast Starts Your Engines

Did you wake up to school breakfast this morning? Do you know that breakfast can help you in school? Breakfast is brain fuel!

Breakfast is the most important meal of the day because it...

- Strengthens the brain
- Helps establish healthy eating habits
- Offers an opportunity to try new foods
- Improves mood and behavior
- Gives you energy
- Keeps you healthy.

With all these benefits, why wouldn't you eat breakfast?

Try school breakfast. Most North Carolina schools offer breakfast each school day including a choice of entrée, fruit or 100% juice, and low fat or fat free milk. All students can participate.

March 4-8 is National School Breakfast Week (NSBW). The #NSBW2019 theme is "School Breakfast—Start Your Engines". It reminds everyone how school breakfast provides a healthy, energizing start to a day of learning. Fit, healthy students are ready to learn.

Nutrilink: For NSBW info and resources, visit www.schoolnutrition.org. For more info on school breakfast in our state, visit <http://childnutrition.ncpublicschools.gov>.

				Friday, March 1
				Breakfast: Strawberry Pop Tart, Banana, Milk Pepperoni Pizza Corn Peaches Milk HS Alternate: Crispy Chicken Salad
Monday, March 4	Tuesday, March 5	Wednesday, March 6	Thursday, March 7	Friday, March 8
Breakfast: Cereal, Graham Crackers, Orange Juice, Raisins, Milk Little Italy Meatball Sub Sweet Potato Nuggets Peaches Milk HS Alternate: Chicken Tenders And Biscuit	Breakfast: Sausage Biscuit Sandwich, Banana, Milk Beefy Mac Spinach Dinner Roll Cantaloupe Milk HS Alternate: Italian Sandwich	Breakfast: Breakfast Burrito Juice, Raisins, Milk BBQ Chicken Legs Potato Salad Fruit Salad Roll Milk HS Alt: Fajita Chicken Salad	Breakfast: Sausage, Wheat Toast, Cheesy Grits, Mixed Fruit, Milk Hamburger Baked Beans Orange Smiles Milk HS Alternate: Chicken Tenders and Dinner Roll	Breakfast: Apple Strudel, Oranges, Milk Cheese Pizza Garden Side Salad Grapes Milk HS Alternate: Crispy Chicken Salad Ripstick Breadstick
Monday, March 11	Tuesday, March 12	Wednesday, March 13	Thursday, March 14	Friday, March 15
Breakfast: Cereal Bar, Graham Cracker, Banana, Milk Hot Dog Baked Beans Orange Slices Graham Crackers Milk HS Alternate: BBQ Chicken Sandwich	Breakfast: Sausage Biscuit, Raisins, Juice & Milk Chicken Patty Sandwich Mashed Potatoes Pears Milk HS Alternate: Sausage and Peppers Hoagie	Breakfast: Cereal, Graham Crackers, Oranges, Milk Roasted Turkey Green Beans Baked Apples Dinner Roll Milk HS Alternate: Classic Chef Salad	Breakfast: Cheese Omelet, Cheesy Grits, Wheat Toast, Apple, Milk BBQ Chicken Sandwich Sweet Potato Wedges Grapes Milk HS Alternate: Zesty Orange Chicken Steamed Brown Rice	Teacher Workday No School
Monday, March 18	Tuesday, March 19	Wednesday, March 20	Thursday, March 21	Friday, March 22
Breakfast: String Cheese, Cereal Bar, Banana, Milk Fiesta Bean & Cheese Burrito Fresh Baby Carrots Mixed Fruit Milk HS Alternate: Turkey Sub	Breakfast: Cereal, Graham Crackers, Oranges, Milk Hamburger Southwest Beans Grapes Milk HS Alternate: Chicken Tenders and Dinner Roll	Breakfast: Chicken Biscuit, Diced Bartlett Pears, Milk Macaroni & Cheese with Ham Collards Crispy Whole Apple Milk HS Alternate: Classic Chef Salad	Breakfast: Breakfast Burrito Juice, Raisins, Milk BBQ Chicken Drumsticks Mashed Potatoes Dinner Roll Diced Peaches Milk HS Alternate: Crispy Chicken Salad and Roll	Breakfast: Apple Strudel, Oranges, Milk Cheese Pizza Garden Side Salad Cantaloupe Milk HS Alternate: Chicken Tenders and Dinner Roll
Monday, March 25	Tuesday, March 26	Wednesday, March 27	Thursday, March 28	Friday, March 29
Breakfast: Cereal, Graham Crackers, Orange Juice, Raisins, Milk Cheeseburger Baked Beans Pineapple Tidbits Milk HS Alternate: Italian Sandwich	Breakfast: Sausage Biscuit, Raisins, Juice & Milk Chicken Patty Sandwich Sweet Potato Wedges Pears Milk HS Alternate: Classic Chef Salad	Breakfast: Cheese Omelet, Cheesy Grits, Wheat Toast, Apple, Milk Hot Dog Broccoli and Cheese Tater Tots Honeydew Milk HS Alternate: BBQ Chicken Sandwich	Breakfast: Cereal Bar, Banana, Milk Classic Spaghetti w/ Meatballs Garden Side Salad Dinner Roll Orange Smiles Milk HS Alternate: Sausage and Peppers Hoagie	Breakfast: Strawberry Pop Tart, Graham Crackers, Banana, Milk Pepperoni Pizza Fresh Broccoli Florets Pineapple Milk HS Alternate: Cheeseburger

March

- National Nutrition Month
- National Agriculture Day (March 19)
- National School Breakfast Week (March 4-8)